

Meeting:	Wellness Committee Meeting NOTES		
Date:	January 15, 2019	Time:	4:00-5:30 PM
Purpose:	Coordinate Action Plan		
Topics:	Small Group Progress and Glover Middle School		
Present:	Doug Wordell (Nutrition Services) Megan Read (Parent) Brenda Cashion (Nutrition Services) Raeann Ducar (WSU Extension) Lori Van Anrooy (WSU Extension)	Paula Lutsey (Longfellow Kitchen Staff) Greg Lang (Rockwood Physician's Assistant) Sarah Ryan (WSU Intern) Mark Lund (Glover Principal)	
Absent:	Linda Bushinski (Fitness/Health Ferris) Amy Dawley (Hutton Parent) Becky Doughty (Health Services Dir.) Pam Tatosky (Purchasing) Laura Martin (Empire Health Foundation) Shasta Glotfelty (Fitness & Health)	John O'Dell (Chase Principal) Stephanie Splater (Fitness/Health Coord) Bettina Meenach (Health/Fitness Bemiss) Heather Jordan (Madison Principal) John Edmondson (Garfield Parent) Korah Cobb (Health/Fitness Regal)	

ITEM NO.	DISCUSSIONS	ACTION BY	DATE REQUIRED
1.	<p>Welcome, Introductions, Review Agenda:</p> <ul style="list-style-type: none"> • Welcome • Q&A with Mark Lund <p>> Introductions and welcome was made. Glover Middle School Principal Mark Lund was introduced and he shared what has been happening at Glover. Mark shared what a positive affect going to scratch cooking has had on the building and especially the students. He shared that students are now excited about the different options that are available to them, excited for lunch time to come and he rarely hears a student say "there's nothing I like." He shared that he has certainly seen less waste with the variety of options that are given to the students. The group asked Mark about non-food rewards, he stated that there is a recognition assembly for each grade level where students are celebrated around their core values G.L.O.V.E.R. A question was asked about classroom sweet treats, Mark shared that they are really moving away from rewarding students with sweet treats. He shared that a staff member wanted to reward all the students in the building so she purchased a smart snack approved item for every student at Glover. Mark shared that there are brain breaks incorporated throughout the day, there is a 'recess' after lunch time in which most students are outside and moving. He shared that water is the only drink in vending machines and that there is no food allowed in the classrooms, only clear water bottles. Doug shared the program happening at Lewis and Clark by junior student Josh Hectman called ReProduce81 food drive, this is something that Mark is interested in for Glover. Mark shared that his building is approximately 76% free and reduced, they are currently serving about 26 students through the Bite to Go program. The committee was very glad that Mark was able to join the meeting and share the happenings at Glover. Thank you Mark!</p>		
2.	Wellness Committee Reports		

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	<ul style="list-style-type: none"> • Healthy Schools • Recess Before Lunch • Consistency in Elementary Fitness Programs • Parent Nutrition Education <p>> Healthy Schools: (Raeann Ducar, Megan Read, Paula Lutsey and Doug Wordell) The committee has been working on updating Healthy classroom messages to go out this Month. There was a discussion about the different paths of communication within the district, SPS News, Principals and then direct to Teachers. Doug will be sending this information out prior to February 14th. The committee is also working on a parent piece to send out to school offices to put in the upcoming newsletter. Brenda will update a piece and then remind Doug to get it to the school secretaries in time for their next newsletter. The committee is also working on a district mailer to go out in August/September. There was a discussion about a possible survey to elementary principals, short with just a few questions surrounding the Healthy Schools work and how it is going. They are wanting to get it out either February or after spring break in April. Doug will connect with Rona and share the purpose of the survey and then report back to the committee. Thanks to the hard work from this committee and has lots of room to grow! Great Job!</p> <p>> Recess Before Lunch: (Lori van Anrooy, Raeann Ducar and Doug Wordell) Lori shared that there is a new Q and A hand out for the principals along with an update of which schools are participating in Recess before Lunch. Doug will be sending this out in February. Lori is working with Doug to look at test scores and see the data that is around the Recess before Lunch model. Doug shared the data that they are wanting to look at and what measures he is hoping to see. In the spring the committee would like to give the schools who have not moved to the Recess before Lunch model this spring.</p> <p>> Consistency in Elementary Fitness Programs: Doug reported that there was a recently a small curriculum update made to the Fitness programs. The larger curriculum updates with happen in the next year and a half to two years.</p> <p>> Parent Nutrition Education: (Lori van Anrooy and Doug Wordell). Lori reported that this committee has identified 9 topics to send out this next school year targeting the same message to Cafeteria, Fitness, Staff, Students and Parents. The committee will meet next month and have the plan for the next year finalized in June.</p> <p>> Paula, Elementary Plate Pilot Update: Eight elementary schools started using a 9" black plate instead of a 6 compartment tray. The food displays beautifully on the plate, and student are wasting less food. Paula noted that they were using about 10 cans of pineapple daily, and with the plates they are using about 6 cans.</p> <p>> Greg Lang: Greg reported that their clinic is starting an outreach center to try to prevent cardio vascular disease. Greg will be working with the community, giving free talks to the various organizations in the area emphasizing on ways to prevent cardio vascular disease. One of his goals is to speak to as many community groups as possible with the hope of reaching as many people to help prevent cardio vascular disease. Please contact Greg if you are interested in having him speak to your group.</p>	<p>Doug will send out Health Classroom Update prior to February 14th.</p> <p>Brenda will update parent piece and remind Doug to get it out to site secretaries.</p> <p>Doug will connect with Rona and report back to the committee.</p> <p>Doug will send out the Recess before lunch information to Principals in February.</p>	
<p>3.</p>	<p>Superintendent Report (Preparing, organizing and prioritize of information)</p> <ul style="list-style-type: none"> • Priorities and Message • Wellness Committee Measure (Data and goals) <p>Identify who will be working on the report and what each work team will provide in the report.</p>		

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	Meeting: This topic is moved to be discussed in the next meeting.		
3.	Meeting Dates: <ul style="list-style-type: none">March 5, 2019 – Location to be Determined		